

Troubling times
Syracuse students
want to know
about the future
Page 2

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS

Feedback
Faculty
Canadian girls
hoping to
make big marks
Page 6

MARSHAL APRIL 9, 2012

DONTHORN COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

44TH ISSUE 160



Conestoga College students helped raise autism awareness during World Autism Awareness Day on April 2.

College marks World Autism Day

STORY AND PHOTO BY AMANDA THAYER

Conestoga College was lit up in blue on April 2 as the college took part in World Autism Awareness Day to help draw attention to autism, a neurodevelopmental disorder that affects tens of millions of people worldwide.

In 2007, the United Nations General Assembly declared April 2 as World Autism Awareness Day (WAAD), and every year since, autism advocacy groups around the world have marked the day with art displays and community-run events. This year, at the college, the event has been held for the first time Canada has been involved.

From 10 a.m. until 2 p.m., a group of Conestoga students with autism and Asperger's syndrome took turns setting an information table showing their stories and running an info booth and go-kart race—all in effort to educate people about autism spectrum disorder (ASD).

The group, called the Autism Action Aspergers, Asperger's students work weekly to educate others about their disorders and interests and support one another.

The display was decked out in numerous shades of blue—complete with glowing

blue light bulbs—as part of the international movement to "Light it up Blue."

In 2011, the campaign, run by Autism Speaks, saw nearly 100,000 individuals in over 600 cities in 46 countries and on six continents illuminated in blue to show a bright light on autism. An estimated one in 85 Canadians—or as many as 100,000 in Ontario—have ASD. Last year, more than 800 students with the disorder registered to request a Deans' residence reservation.

The A Team website is where people about autism as well as university support and advocacy resources for students with ASD. They believe many people still have misconceptions about the disorder.

One thing the group wants people to know is that autism is not all different in each person. "There is a wide spectrum of abilities and needs that no one person can fully represent," says Morgan.

The remaining message from all members was that not all people with ASD can be judged with the same broad

Conestoga engineering technology student, Alan Miettun, and his thanks people need to speak more to people with autism and Asperger's. "If they speak to someone with autism that they actually trust that goes them a better message about what it's really

all about." "There are those of us with Asperger's syndrome who think outside the box, but there's also those who don't," he said.

People with ASD often have difficulties with social interaction and communication skills. This can be especially challenging on a college campus.

Lisa McFarren, a health office administration student, agreed and said it can be difficult to manage or discuss their condition effectively with roommates. "I think that 70 per cent of communication is non-verbal, and we can't really read body language, so it's kind of a barrier to communication."

Kim Miettun, a student in the business specialist program, and her son, has difficulty reading other people's body language and said that this is a problem many people with ASD struggle with.

Miettun said one of the common misconceptions people have is "That we can't do anything."

"They think that when they're wrong, because I am autistic, I am and Miettun pointed the Canadian flag just as he is also a ski instructor at the Waterloo Track & Field Club. So that shows I'm successful at what I do and I'm motivated." He said he also



loves camping and he plays the trumpet. "Miettun is one of my specialties."

A student who couldn't be there wrote a letter addressed to a dormitory:

"There is a thinking out there that people with Asperger's lack empathy and that's false. We are in fact, very empathetic, and care deeply for other people. It's true that when we get caught up in our own perspectives, particularly when we're upset, we might withdraw into ourselves but it doesn't mean we lost the capacity to think about others and what they experience."

The group wants people to know that all of their varied

interests are a part of who they are and they have many things that define them other than autism.

Though they are unique in many ways—with talents ranging from dancing, playing instruments and singing—they want to discuss their dreams to study law and build a life. They say the group has helped them to feel more included in college life.

McFarren said the group loves having the older group members to talk to because they act as role models for her peers. "It's just nice to have people that get you," she said.

"It's nice to have people who love you for you."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could have any hidden talent,
what would it be?



"To be a great soccer player."

Ahmed Alzabadi,
3rd year
English major

"A great actor and a rock star."

Mohammed Alberkani,
3rd year
English as a second language



"To be able to fly anywhere without a passport."

Umar Patel,
second year
Technology student

"To have all of the knowledge in the world."

Aman Patel,
3rd year
Business Admin



"Super strong or freezing time. If I could do both, I would do both."

Adam Riedel,
3rd year
English major



"To eat all the time."

Steve Ripley,
3rd year
Journalism student



Photo Courtesy: Conestoga student government department

Swap your stuff

STUFF SWAP FESTIVAL

Please bottom, we are embarrassed and rather embarrassed by the most common items recycled, but there's a lot more you can be doing.

While Earth Day, a world wide demonstration supporting environmental protection is usually observed on April 22, Conestoga plans to spread the day with collections and educational activities on the Doon campus from April 16 to 19.

The college is partnering with the Canadian Diabetes Association and the Working Centre, a non-profit organization based in Kitchener, to collect reusable electronic devices and household items.

"Just because a product works well on its own, it doesn't necessarily mean that that item can't be used again," said

Jason Tolok, Conestoga environmental planning major. "There are all sorts of different ways to give materials a second chance."

Tolok said the collecting centre at the perfect time as more students are moving out of their temporary residences and others prepare for winter weather by spring cleaning.

Working with a recycling the working campaign will also highlight the proper recycling of electronics.

A lot of the materials in electronics are pretty toxic if they're just left in a landfill. Tolok said, "So why not giving people the opportunity to get rid of them in a safe way?"

Collections run all week but April 17 will feature special activities.

A recycling type of Olympia, in which one student will pass to next and recycle different materials

from around the college will allow students with the best ideas to enter into a short film competition.

"The idea is to promote the fact that, while you might be considerate regarding at home, the system's different at the college," Tolok said. "We want to make sure people dental care paying attention to the impacts."

Students will also be able to sort through the items brought in for collection on the 17th and take what they want as part of what Tolok is calling the "Stuff Swap". Leftover materials will be donated to the Working Centre.

While it might only be Conestoga's second year university participating in Earth Day, an event opened since the 1980s, the college hopes to teach students that recycling is more than just a buzz word.

CELEBRATE
EARTH
DAY
WEDNESDAY APRIL 17
10AM - 1PM STUDENT LIFE CENTRE

PARTICIPATE in our Stuff Swap!

**Is this garbage? Is it recycling?
Compete in our SORTING COMPETITION!**

**PLANT your own sunflower!
and so much more!**

ALL WEEK AT DOON

STUFF SWAP

Drop off your gently-used items in good repair to the Student Life Centre to be donated to our student community and the Working Centre!

BATTERY & ELECTRONICS DRIVE

Bring in your batteries, electronics and lightbulbs and bring them to the SLC Ball Room to be deposited in the bin!

CLOTHING DRIVE

Bring in your gently used clothing all week to the bins in the Student Life Centre to be donated to the Canadian Diabetes Association!

Respect

Get Involved

hurley

100% Recycled

TAKE CARE OF YOUR PETS

K-W Humane Society promotes proper animal-care education

**STORY AND PHOTOS
BY MARK FISHER/DALE**

Getting your first pet can be exciting and fill you with happiness. If only people would remember that feeling when their pet goes missing.

There are many cases where people's pets disappear and they give up looking for them. Or they abandon the animal on purpose because they don't care about it anymore.

That's where the Kitchener Waterloo Humane Society (KWHSS) steps in, helping to get animals around the area. Sometimes even a third or fourth chance.

Jeff Letson, a Conservation College graduate from the police foundation program, is an animal protection services officer for the KWHSS and oversees the humane treatment of animals and the safety of the public.

"I patrol K-W as a daily basis and investigate below directions. Calls are taken from the public and I respond to emergency work, animal bites, dogs running at large, injured or sick animals, and domestic disputes, dog bites and many other animal related issues," he said.

K-W HUMANE SOCIETY FAST FACTS

- Most all breeds face similar risks for KWHSS you may not know
- In 2012, they cared for over 1,000 animals
- 95% of your revenue comes from community support and educational donations
- They began operating as a shelter in Waterloo in 1987
- In 2012 they re-homed over 30,000 animals through pet adoption care

Jessie Black, executive director of the KWHSS, said it is important to educate the community about the proper treatment of animals. Kitchener needs:

1. A

2. A

3. A

4. A

5. A

6. A

7. A

8. A

9. A

10. A

11. A

12. A

13. A

14. A

15. A

16. A

17. A

18. A

19. A

20. A

21. A

22. A

23. A

24. A

25. A

26. A

27. A

28. A

29. A

30. A

31. A

32. A

33. A

34. A

35. A

36. A

37. A

38. A

39. A

40. A

41. A

42. A

43. A

44. A

45. A

46. A

47. A

48. A

49. A

50. A

51. A

52. A

53. A

54. A

55. A

56. A

57. A

58. A

59. A

60. A

61. A

62. A

63. A

64. A

65. A

66. A

67. A

68. A

69. A

70. A

71. A

72. A

73. A

74. A

75. A

76. A

77. A

78. A

79. A

80. A

81. A

82. A

83. A

84. A

85. A

86. A

87. A

88. A

89. A

90. A

91. A

92. A

93. A

94. A

95. A

96. A

97. A

98. A

99. A

100. A

101. A

102. A

103. A

104. A

105. A

106. A

107. A

108. A

109. A

110. A

111. A

112. A

113. A

114. A

115. A

116. A

117. A

118. A

119. A

120. A

121. A

122. A

123. A

124. A

125. A

126. A

127. A

128. A

129. A

130. A

131. A

132. A

133. A

134. A

135. A

136. A

137. A

138. A

139. A

140. A

141. A

142. A

143. A

144. A

145. A

146. A

147. A

148. A

149. A

150. A

151. A

152. A

153. A

154. A

155. A

156. A

157. A

158. A

159. A

160. A

161. A

162. A

163. A

164. A

165. A

166. A

167. A

168. A

169. A

170. A

171. A

172. A

173. A

174. A

175. A

176. A

177. A

178. A

179. A

180. A

181. A

182. A

183. A

184. A

185. A

186. A

187. A

188. A

189. A

190. A

191. A

192. A

193. A

194. A

195. A

196. A

197. A

198. A

199. A

200. A

201. A

202. A

203. A

204. A

205. A

206. A

207. A

208. A

209. A

210. A

211. A

212. A

213. A

214. A

215. A

216. A

217. A

218. A

219. A

220. A

221. A

222. A

223. A

224. A

225. A

226. A

227. A

228. A

229. A

230. A

231. A

232. A

233. A

234. A

235. A

236. A

237. A

238. A

239. A

240. A

241. A

242. A

243. A

244. A

245. A

246. A

247. A

248. A

249. A

250. A

251. A

252. A

253. A

254. A

255. A

256. A

257. A

258. A

259. A

260. A

261. A

262. A

263. A

264. A

265. A

266. A

267. A

268. A

269. A

270. A

271. A

272. A

273. A

274. A

275. A

276. A

277. A

278. A

279. A

280. A

281. A

282. A

283. A

284. A

285. A

286. A

287. A

288. A

289. A

290. A

291. A

become an

ORIENTATION LEADER



www.conestogac.on.ca/studentlife



We are looking for Orientation Leaders to work as a team to welcome new students to Conestoga for Fall 2013 Orientation!

A great way to meet new people, develop your leadership skills and have fun!



Learn more and sign up at the Student Life website or visit us in Room 2A101-2



ORIENTATION
LEADER

 Student Life
Shape your experience

Re⁵ years
SPECT

OUR RESPECT REPS
WOULD LIKE TO WISH YOU

GOOD LUCK ON YOUR EXAMS
AND TO HAVE A GREAT SUMMER!

THANK YOU DAY

LOOK OUT FOR OUR RESPECT REPS
AROUND CAMPUS AS THEY SHARE
THEIR OWN WAYS TO SAY ...

THANK YOU FOR BEING THE DIFFERENCE

**MONDAY
APRIL 15**



Syrian-born violinist looks to future

BY ERIN MANNI

ZAYER MANSOUR, 34, is a classically trained violinist and a University of Guelph student currently finishing his bachelor's degree in microbiology. He is usually a glass-half-full kind of guy who has a smile for everyone.

For reading the news every day presents a unique challenge:

"It has kind of become a daily ritual for me," he said. "Looking at the news... I just don't feel so good. I would be sitting in the number of my own home, having a coffee in the morning and I would be hearing about people who have lost lost their homes and sometimes I would see pictures dead bodies."

Today Mansouri lives in Guelph, but before he moved to Canada at the age of 17, he grew up in Damascus, Syria, where his mother still resides.

Much of last two years since the beginning of the Syrian revolution, which has turned into a civil war that has killed over 70,000 people.

More than a million Syrians about 8 per cent of the country's population were forced to leave their western country and many other than thousand people are the border every day. About 100,000 children have been captured and there. The Children are noted that over million children have been affected, suffering trauma, malnutrition and disease.

"There have been a few times in the news reports when I would see stories that I recognize that I have worked on many times and in the background somewhere there would be a dead body. And it would be really sicking for me to see something like that," Mansouri said.

The Syrian revolution was one of the many uprisings in the Middle East and North Africa fuelled by a revolutionary wave of democratic protests and civil wars that began after a discontented crowd set himself on fire in Tunisia in December 2010 after police confiscated his fruit stand last June and the government refused to let him buy back his stand, leaving him homeless.

In mid-March 2011, a week before the Syrian uprising began, a group of at least 10 boys in Deir Ezzor, Syria, spontaneously gathered at school. The slogan, which is chanted in many protest translations, was: "The people want to topple the regime." These children, between 10 and 15 years old, were then captured by the police, under the leadership of a cousin of

President Bashar al-Assad, jailed for two weeks and tortured. The boys were part of the protesters in Deir Ezzor as the uprising grew as the citizens rioted on the streets and the government tried to suppress the protesters by killing them.

Over the past few years Syria has been in a state of chaos with religious conflicts and sectarianism on the increase.

"I feel like because this has been going on for three years, I might be triggered or the more I feel it and/or something I have no control over, like it's hard for me to disconnect myself from it since my mom is there," he said. "I feel like having friends with a friend and all the most important thing something would trigger, like a memory from home and all I could think about is the people who are living in their right now or the people who are living in refugee camps and I would feel it hard to eat," he said.

"There are times when I'm on the phone with her and I can hear explosions in the background. ??

— Zayer Mansouri

"It's a unique challenge to be living in such a good place when your home is in shambles and people are really unhappy. So I would say that's the biggest challenge for me since I moved here."

About two months ago Mansouri's mother was taken to her office, when, an explosion that occurred a few metres away from her work shattered her office windows and doors.

"She got a few minor cuts, but needless to say that was really frightening. The one to hear about. Every time and there's a new blast like that like you can never explain it and we don't know who's doing these things, every different side is in the fight of someone else."

As a child growing up in Syria, Mansouri recounts stories he would have to repeat in school from his principal, stories that became the government.

"I would remember going to a daily lesson the transportation we would get the bus because, like I'm sure it is not operating perfectly, like the kids who are below the age of 12 would be called students by the teacher and by the principals on a daily basis," he said. "That's really why I never thought anyone would ever grow and prosper because everyone is very well conditioned to not speak up and I remember that conditioning, very well

when I was a kid I never made anything out of it, that was my life on a daily basis. You repeat these stories, you hear all of those derogatory comments being made and you just accept it."

"It's a great time machine back then and now what is happening now, I would love to have a time machine."

Mansouri calls his mother every day to catch up on news. "There are times when I am on the phone with her and I can hear explosions in the background. I can hear gunshots in the background, to me." Obviously if I didn't get the chance to speak with her every day I would be a lot more worried."

But throughout those tough times, Mansouri's mother still finds moments to smile.

After the explosion at her office she and her co-workers had to leave the building.

Mansouri said, "There were constantly fragments of car tire glass up in the air. The way she was describing it was really surreal, but the whole time she was kind of laughing it off and telling me the shield she put out of it. I'm just glad she's okay though work that kind of stuff."

"I don't help to be dramatic. Sometimes the last couple of months we're just taking things off and to joke but at those times when they're not very funny."

Just like his mother, Mansouri remains strong and positive, seeing the good more than the bad.

His close friend, Inessa Sherrill said, "We're an amazing person, really fun and super hilarious."

Despite the challenges in the country he has left behind, Mansouri remains very optimistic. After finishing his final school year in Guelph he plans to follow his heart and his passion to the music scene in Montreal.

"In my free time, I fall in love with it since the first time I was there and every time I find it really hard to leave, just heartbreaking."

He hopes to be able to perform more of his classical music when he is appreciated.

"I've been playing violin for 14 years now and I've only been getting more passionate about it over the years," he said. "The one I would like to take some time to learn is a piece I really like and makes me smile and somehow get by."

The situation in Syria also allows him to perceive life in a different way.

"Going there about the conflict back home to there has been a very educating experience for me. I feel that it has kind of shifted my perception of the



POWER AT LAST Mansouri, "I would watch other violinists on TV or I would go to orchestra concerts, and I thought they sounded amazing. I really wanted to be like them," said Zayer Mansouri (34).



Mansouri performs outside at the University of Guelph on March 28. He has been playing the violin since he was 10.

world. It changes the perspective that we have on ourselves as a culture or as people living in the world and it makes me realize that the lives of other people around the world are not perceived as equally valuable as our own."

He added that he expected world has given him a purpose. "I kind of do want to change the world in my own little way and I would like to live in a world where everyone's lives are equally as valuable as one another."

BETWEEN THE STICKS

Canadian goalkeeper plying his trade in Portugal

BY CLYDE RODRIGUEZ

FORNANCE year, high school diploma, completing a post-secondary education and perhaps winning your first car — that's the path most common Canadian follow.

But Richard Gomes has had a much different life trajectory. He has spent the last five years outside of the country playing professional soccer — and he's not even 30 yet.

Gomes, who currently plays as a goalkeeper for Marreda SC, in Portugal's second division, is now in his average teenage.

But he did start his career the same way that many people. Considering speed these past few years, he's been playing soccer since he was three years old, but most of his amateur ball playing is gone.

Gomes' other kids though, it wasn't long before Gomes was skyrocketing through the echelons of Canadian soccer. He joined the youth team at the highest league for his hometown of Etobicoke for every session of his youth career, and then eventually moved on to distinct higher ranking on to a regional level.

"At one of that level that I had my first goalkeepers coach who taught me about discipline and other aspects of the game," he said. "I had a coach who would sit us up every time I made a mistake, and it was because of him that I have the mental toughness that I have now."

Gomes took part in a regional summer camp, where he caught the eye of provincial two-touchers, especially coming from a provincial tryout. He broke his hand a week prior to the tryouts (having been out of action for six months) but due to his performances on the camp, he was still given a shot at making the team.

However, on his first team, no one took him back from his last but he was again struck with injury — this time, he broke his thumb, ruling him out for another four weeks.

Despite that, one of those provincial teams coached him to a tournament hosted by Etobicoke team, Chances do Gomes, only 12 years old at the time, came New Years Eve January from his family on a four-week trip to Brazil.

He survived the streets of a Rio slum, teams, but his parents were against the idea of these 12-year-old see-

ing to a foreign country all by himself.

His parents, being supportive of his dream, helped him contact himself to Etobicoke and Sporting — one of Portugal's elite teams.

With family in the country, they felt that Gomes knew how to manage his own life there.

Gomes spent four training at Sporting and Benfica, two Lisbon-based clubs, as well as several trials of English team, Republic and Spanish team, Rayo Madrid. All four were impressed enough to loan him out.

Benfica called him to go back on stages and do their practice with the U-16 team, he said. "I thought that this was it this would be my best tough."

But he received a phone call that changed his career trajectory.

FC Porto, the third of Portugal's big three and a team that Gomes supported as a child, called to let him know that they had a trial for him that would take place on Aug. 16, 2008.

"My family was closer to Porto and they selected him for training the day I had on, and on Porto's graduation needs will count as a defense factor in his decision. "I had a big decision to make about what was better for my career."

Not surprisingly, he chose FC Porto, signing the then U-17 team. But the transition was not as smooth as he would have hoped.

His first year with Porto didn't offer him any game time, and while he was training hard and trying to adapt to his new life, he wasn't involved with the chance to show his qualities on the pitch.

"I began from being a big player at Chances to not even showing for a youth team in Portugal," he said. "It failed me because my confidence levels went down and I felt like no matter what I did I couldn't change what was happening."

After a first year which played out in a way that Gomes did not anticipate, he was ready to leave FC Porto to look for other opportunities. Big Court management agreed to a loan move in which he traveled with Porto and played matches on the weekend with U19 side Paulista. It was here that he began to get real experience, and he had a successful campaign helping his side win the league and get promoted to the first division.

"I started to feel better



Goalkeeper Richard Gomes comes out to claim the ball in a U19 match in Portugal.

SUBMITTED PHOTO

about myself and put my own fitness back but Gomes told me that if I stayed at Porto for another year I would be a free year junior and likely not play," said Gomes. "So I decided that it would be better for me to leave Porto, at the time I didn't know where I was going to go."

Through his agent, Gomes arranged a move to just another Portuguese club, Gondomar, where he spent the season starting for their U19 side and transitioning as third choice goalkeeper for the senior squad.

The following season, he joined his fourth Portuguese club, Vitoria Setubal, where he had a short stint for the U19 team better than he could have ever imagined — finished 1st. Portuguese giant Braga, with Gomes stopping a penalty and winning the man of the match award on the process.

But his success took a downturn when he was again injured, and coupled with internal struggles with Braga's management, Gomes was quickly recruited.

That brought him to step into the national arena when he was called up to Canadian U20 men's team.

He made his first appearance for the team against Mexico, where he captured the role in a match that the side 1-0. Gomes picked up the man of the match award

for a solidified performance.

The summer was going well, but complications with Braga's management forced him to leave the club for a few months.

"I pretty much lived out of my van, I'd go training with friends one night and then another the next night," he said. "I got to the point where I was just shattered mentally and it wasn't stable at all."

Eventually he again got him a move to another Portuguese team, Marreda SC. But even though he was training with the team, the performance of the other goalkeeper was keeping Gomes on the sidelines.

"My team went nine wins in a row with the other goalkeeper and five of those were clean sheets so I knew that I wasn't going to be starting my first win," he said. "I thought that the U20 Canada team would be the best opportunity to show my quality."

And he certainly has made an impression on the national stage.

"Rich is probably the best goal keeper I've ever played or trained with and he's really improving on the field," said Canada U20 manager Jonathan Lee, who plays on Gomes' side, third division. "But the fact that he's always speaking or shouting helps both in training and in games in an experimental sense."

When January 2013 rolled around, Gomes finally got the break he was waiting for when

Marreda sold them other goalkeeper, meaning Gomes would be the main starting between the sticks. But like so many other times throughout his career, he had to wait and prove more.

"The training sessions after my first game, I disconnected my right shoulder and right arm, every I could tell I was in bad shape," he said. "I wouldn't have been scared running the race because I kept it out for the first week and I lost my spot in the U20 Canada team for the World Cup qualifiers."

He's now back at Marreda and is working hard to impress. "I have to try and get as much playing time as I can before the season ends on April 20," he said.

What does the future hold for Gomes? "The truth is, he has no idea."

"The thing about football and that is that there are no guarantees," he said. "I'd love to go to another country and another league but it doesn't only depend on me."

He'll travel. May look at opportunities for semi-pros and may even play for the university.

He knows the road to success on European football will be a long and challenging one, filled with injuries and other obstacles to overcome, but it's a road he is destined to travel.

"I couldn't even imagine myself doing anything else besides playing football."

Every girl can feel like a princess

By HEATHER KENNEDY

The girls were dancing and the money was clearly marked by surrounding rows of people. Women crammed for the chance to enter and the line moved to take the floor. That may seem like a scene from a bikini week but these Ontario art students took on the challenge of hosting a "Princess Project" fashion show at the Student Union at downtown Kitchener on March 20.

Princesses was conceptualized by graduate students Ashley Pritchett, Kristin Bokta and Stacie Wiles, who teamed up with EW Princess Project to help bring more awareness to the organization.

According to a April 2002 MSA money article, the average price costs between \$600 and \$1,000. With other expenses such as transportation, food, advertising and marketing expenses, some donations cannot afford to help their team with the steep cost of producing a formal dance.

The Princess Project is a multifaceted organization that helps young women who cannot afford to buy a new dress experience their high school prom and pageants without fear of being down-and-out.

EW Princess Project accepts donated dresses, accessories, shoes and cash. Kelly Stoen,



Princess Project organizers
Kristin Bokta (left), Stacie Wiles (right) from left and Ashley Pritchett (right) beauty pageant participants with the Princess Project's Holly Burns at their Kitchener fashion show. Princesses will be held on March 20 in the Kitchener.

project co-ordinator of EW Princess Project, said she realized the importance of this organization to the community when she was organizing for a formal dance with her daughter.

"It struck me that we were spending a lot of money on a dress that she was likely going to wear once or twice," Stoen said. "I also knew that there are girls living in our community where the cost of a dress is prohibitive to their attendance and participation in prom and pageant. I knew that there had to be a better way and so I started doing some research and found that project."

One-stop student and



Princess Project models
Holly Burns (left) and Heather Kennedy (right) show off the latest formal wear fashions.

Exhibit makes you put on your thinking cap

By HEATHER KENNEDY

Are we free? Or are we trapped? This is the question Sarah Fawcett struggles to answer. For her, the relationship between art, freedom and the human-made environment is a walk and never done.

In her new exhibition, *Freedom*, Fawcett and Flack, she explores this relationship by creating figurative sculptures that represent the themes of imprisonment and confinement while still offering some appearance for freedom of self-expression.

"The environment surrounding us, society our nation, is a very beautiful thing, but sometimes we have to question our freedom as it," Fawcett said. "Therefore, my sculptures, I try to explore that phenomena as best I can hoping for some kind of answer. Are we forced to go with the flow of contemporary culture? Or are we born some kind of creature in here expressing ourselves?"

Fawcett's work is part of Flack's "id series," which consists of clay people with porous people displaying how cultures conflict with one

another. The name of the show refers to her doll series of idiosyncratic, yet high detailed, focused personae that are presented right into their interiors, phobias.

Flack believes the same qualities that seems to interests us will necessarily trap us. As the consumer-driven contemporary culture takes over, he will only see further deterioration to freely express ourselves. That's why she intends her work to pose questions rather than answer them.

"I want people to walk by my exhibits and wonder if the

phobias are symbolic of the city life and culture people are immersed in or if they're just good used to display the extremes and expressions of the characters," she said. "I'd like to think by combining the old and the new in my work."

Flack's husband, Avery Chan, a computer science major, has been impressed with his work since she started it.

"Her work is fabulous and unique. You never seen anything like it before," he said. "She tries to express a message that makes you think when you gaze at the work."

Fawcett was born in 1967 in Toronto. She received a Bachelor of Fine Arts degree from the Ontario College of Art and Design and has had her work exhibited in the U.S. and Canada since 2002. Fawcett and Flack share from Fawcett's thesis project as her final year of college and experiments with the traditional ideas of the past. It can be viewed at the Preston Library on Cambridge until May 12.

For more information about Sarah Fawcett and her work, visit her website at www.sarahfawcett.com.



Sculptor Sarah Fawcett

Sarah Fawcett's sculptures express the subtle balance between the self-expressions and cultural implications.



In My Own Words

Student discusses living with post-traumatic stress disorder

BY LINDSEY TRAVERS

This is the third of a four-part series on the issue of mental health.

Four years ago, I was severely traumatised.

The incident left me physically and emotionally shattered — my university degree undelivered, my courage drained, my self-esteem whittled down to nothing. I couldn't hold a job. I could not walk four blocks to the store by myself without being struck by anything that I would freeze upon. I could hardly breathe around strangers and my nights were marked with nightmares.

My life shrivelled to the size of my apartment. During several hours with no window to the outside, I'd suddenly be taken back, reliving the moment it happened. Those flashbacks would last a minute or two but felt like an eternity. I became depressed and avoid, repeat and isolate out of everyone around me.

Eventually, I was diagnosed with post-traumatic stress disorder and began the long slow路to recovery.

Post-traumatic stress disorder, or PTSD, is one of several anxiety disorders where people feel intense fear and distress, for no clear reason. As the name suggests, PTSD is caused by a traumatic event involving threatened death or serious injury to oneself, or from witnessing such events.

The symptoms of PTSD usually begin within three months after trauma occurs, though they may surface many years later. The duration of PTSD and the intensity of the symptoms vary from person to person. For many people, recovery may be achieved in months, for others, it may take much longer.

Anxiety disorders are among the most common mental health problems, affecting approximately one in 10 people. Other anxiety disorders include obsessive-compulsive disorder, generalised anxiety disorder, panic disorders and phobias.

Cathy Coughenour, the director of the Western Region Sexual Assault and Domestic Violence Treatment Center says it's not unusual for women who have been sexually assaulted to develop PTSD.

"What we are seeing in the



literature is that around 80 per cent of women who are assaulted will develop PTSD," she says.

According to the National Institute of Mental Health, symptoms of PTSD can be grouped into three main categories:

"The first is re-experiencing the event. This is the main characteristic of PTSD and it can happen in different ways. Most commonly, the person has unwanted, recurring memories of the event, or unwanted thoughts or flashbacks in which they may feel they are reliving the traumatic event. The anniversary of the event or triggers can sometimes bring those on more severely."

44 If every white car is a reminder to them, they might work to avoid them as much as possible, or panic when they see one. ■

—Cathy Coughenour

The second is avoidance. These symptoms often stem from the desire of a person to change their routine to escape similar encounters to the trauma.

"People who have been sexually assaulted and develop PTSD might go out of their way to avoid situations or places that remind them of the trauma," Coughenour says. "If every white car is a reminder to them, they might work to avoid them to much as possible or panic when they see one."

A person with PTSD might also withdraw from friends and family, lose interest in activities they used to enjoy or have difficulty feeling emotions, especially those associated with trust or autonomy. Feelings of extreme shame or guilt are also

common.

The third category is hyperarousal. These symptoms are all physiological. They can include having difficulty concentrating or falling asleep, being easily startled, feeling tense and hyperalert and having angry outbursts. These can add up to make it difficult for those dealing with PTSD to complete normal daily tasks.

Coughenour says there are also three ways that are central to healing. First and foremost is a sense of safety.

"You can't go anywhere without safety," she says. "Once someone is feeling safe, they can start exploring and moving toward those traumatic things. Without safety, it just won't happen."

"People do well with a lot of support around them and they have people around them who say 'I believe you,' but rarely is the big one-off moment where you've experienced the fear or trauma, your whole world is upside down and so surrounded by people who are supporting you, and saying 'I believe you.' I'm here for you, don't be like the mom."

The next step is letting others remember the story without involving us.

The third also describes as something most individuals would find at the primary reference. A trauma survivor works at redefining or ignoring what they are past trauma.

"The healing process doesn't just happen on its own or on its own eye, though I often wish it would. It takes a lot of work — much of which I undertake personally, however, my support will never leave on the side.

It also requires developing yourself for any part of trauma you might feel about the event. I would highly encourage anyone dealing with PTSD to do the same.

The same is true for the person who is closest to you, the person who will share it and process it with the rest of their loved ones of the event.

The best way I have found PTSD described was not as an illness but as a world view. When something traumatic happens to you, your perception of the world becomes altered. I found it extremely difficult to trust people after the attack. Even though I know I will get better, it will never be the same again.

For me, trauma means loss — loss of the person I used



Lindsey Travers, a Guelph College second-year journalism pants reporter and sports reporter, was diagnosed with post-traumatic stress disorder after a sexual assault. She says she has the strength and tenacity to move forward.

to be and the life I used to have. But an important part of healing for me has been moving forward with my life and not letting the disorder rule my life.

Returning to school hasn't always been easy, but on Day one my second week of the college I travelled by a group of girls talking about a popular online game and how they had "vaped" an opposing jet plane off an hour later. I realised I was still wallowing the hole we made over of what was of the building I was in.

Yet, on that day, when "vaporation" had entered our life, it had always been a process of trying to make new and people's stories but, it's more than that. It got me out into the world again. It forced me to meet strangers as a child. I learned that I could handle being in a crowded room if I had a camera or pen and paper in my hand.

I learned to say that I am healed or cured because I don't think about about that way. But no, writing about this seems possibly re-experiencing the fear, shame and violation. I talk during the assault. No why should I not?

When I thought about that question I realised I have the answer all along. I wanted to share my story because so many more people shared them with me.

every day for me. To start with, telling about your own self-worth something that I do daily.

44 The best way I have found PTSD described is not as an illness but as a world view. When something traumatic happens to you, your perception of the world becomes skewed. ■

—Lindsey Travers

These events don't happen in a vacuum. They affect the survivor and everyone close to him or her in a myriad of ways. But no, writing about this seems possibly re-experiencing the fear, shame and violation. I talk during the assault. No why should I not?

When I thought about that question I realised I have the answer all along. I wanted to share my story because so many more people shared them with me.

Counselling services presents the **STRESS FREE ZONE**

Wednesday April 10th, 2013

Lower Atrium from 10am until 1pm

Massage Therapy

Come in for a free mini session.

Anxious

Feeling overwhelmed

Anxious

Wednesday April 10th, 2013

STRESS FREE ZONE

Tired

Lower
Atrium

Fatigued

Are exams stressing you?

reflexology

healthy snacks



Practise makes perfect

BY BRUCE VELTER

The very blue soccer team won by the Ontario Colleges' indoor soccer tournament last night after the men's team was eliminated in Princeville.

The team used 3-0-1 on the round robin on the opening day of the tournament.

The women's team finished fourth at Provinceaux with a heartbreaking 1-1 loss to Durham in the bronze medal game.

Coach Mike Kueper credits hard work and an extremely proud of their determination and resilience during the stretch. He said they accomplished a lot throughout the season, but he believes the men's team could have done a lot more damage if it wasn't for too many bad goal games.

Kueper said, "We didn't play like we're not at our game, we just couldn't score the goals we needed to."

He said the team finished in about the same place as last year, except this year they were part of a talented group. The team finished the Ontario Colleges' tournament.

He said the reason why the team didn't live up to its potential was because of lack of attendance at the

men's match practices. A lot of the players were absent due to prior commitments such as school work or part-time jobs.

Most indoor soccer teams throughout the Ontario Colleges' Athletic Association practice twice weekly including Game Day practice.

"The difference between the team that finished first and us isn't much individually, but there's a big difference in team play because they practice and practice."

Kueper always stresses that skill one can work best between them always was their strength.

Next year Kueper hopes to keep about 15 to 20 players for the indoor soccer team and plans to implement a new rule of you don't show up for practice then you don't play in the games.

He was unable to address if this year however the team lacked numbers when it had all its players, so of only five players showed up to practice, players showed up to practice, he would be forced to forfeit the next game. He wants to prove a point, and those players directly onto the team roster.

He said he will even kick players off the team and if they miss too many practices he won't consider their

skill level or contradiction to the team.

If someone wants to be an electrician the teacher can talk to you all day about the theory but in order to be a good electrician you have to practice."

Kueper said the men's indoor soccer team is only doing about three players to practice this year.

Next season the team will have more experience and have more time to use their teamwork style of play.

Kueper is always looking for players with their own skills, techniques, troubleshooting speed and understanding of field orientation.

He encourages anyone interested to play the indoor field game of soccer to come out and work with friends and in return see where Ontario Colleges' stands about the team.

Despite not winning being the main motivation, Kueper who has been playing soccer all his life and has coached for over 20 years, is just happy to see a team get past the round robin.

"I am satisfied for now season. My wife tells me I can beat more than I have but I tell her I love her but I'm not more than basketball though."

GETTING SCHOoled ON THE HARDWOOD



PHOTO BY BRUCE VELTER

A group of Ontario Colleges students shoot some hoops on April 3. The recreation centre offers various open gym activities throughout the week for students to break a little stress, and have some fun between classes.

Students host feel-good volleyball tournament

BY CALEB MCGILLIVRAY

Sophie-Mae, Supermoms, a parent and a Squared were just some of the many organizations that Ontario Colleges students and their families came dressed in when they participated in a charity volleyball tournament on March 22.

Ontario's Production, Security and Investigations (PSI) association organized last month's event in order to raise money for Special Olympics.

"Every player had to pay or \$15 or donate more to play," said event organizer Leah PSI student, Anna-Barrie Barr.

Four teams participated on the day, including "Sipin up your Job," "Widewoed" and "Tops Tops." Participants took up all three volleyball courts in the college's recreation centre, and played from 1 to 7 p.m.

Career and Employment Resources

CareerChat



Group & Career Services now offers career and assistance assistance through **CareerChat**.

- goes down the path you want to take!
- takes the stress away we have free face appointments, only one appointment
- a personal touch, a phone appointment and sessions are you not your office need either or a private office
- can you answer these questions? What would be the major problem holding the person?
- If you require career assessments we have set these up online

Booking time for the consultant **CareerChat** is a great way to connect with a career advisor when you're not on campus.

Drop in to UAC 408 at the Devon Campus, or call 905-222-6200 ext. 1004 for a **CareerChat** or an in office appointment.

Find great jobs on MyCareer!

Ontario's online career and employment connection system for students and alumni.

From the Student Portal, click on the "Careers" tab then **MyCareer**.

From **MyOntario**, click on **Student Tools**, then **MyCareer**.



Group & Career Services



It began with friendship

BY JENNIFER DENTON

"I thought he was my friend." Then at her 40th year University of Waterloo student stats fair, she wanted to remain anonymous, so let's call her Jane Doe.

As president of Waterloo Assault Awareness Month, and, according to a pamphlet from the Waterloo Action Committee on Violence Against Women and Children, a non-profit organization in Toronto that works to prevent and eliminate violence against women and youth, two out of three women and one out of six males have been sexually assaulted or rape threatened in their life.

Stated simply, as any sexual and/or mental action in which one party is threatened, coerced or forced to engage against their will, or any sexual act to a person who has not previously consented.

A study found 81 to 85 per cent of women were assaulted by someone they know.

"I met him in a class during my first year," Doe said.

In the beginning, he wanted to be more than just friends, but when she explained that she was not interested and already had a boyfriend, he seemed OK with just being friends.

In Canada, a woman is sexually assaulted by forced intercourse every 17 minutes.

"We started hanging out outside of class time and in the beginning it seemed like a normal friendship," she said. "Now that I think about it, there were subtle cues that indicated more romantic than friendship-like things than average boys and girls can usually be your friends, but I wasn't doing that."

As was reported to police, the first count of sexual assault occurs in the survivor's or perpetrator's home.

"The counts the invasion happened, we were in his apartment watching a movie," she continued. "We'd done this before and we knew what he'd try anything."

She said she excuse continues for the invasion, because it was an invite into the film that he began making advances toward her that she did not appreciate.

When the assault started, she said she couldn't think of anything else but making it out of the situation safely.

"I kept thinking, 'If I GOF [walk out] or tell C.R.E. [I know I had to say yes] C.R.E.,' I know I had to say yes," she said. "I considered just running. Once it was over, he kept saying that he was sorry."

She said as soon as she could she left and finally she didn't cry and stop her.

"My boyfriend [then] was right down the street from my attacker's apartment. As soon as I got out, I ran there," she said. "I didn't know what she



PHOTO BY JENNIFER DENTON

Postsecondary-aged women are four times more likely to be sexually assaulted. Most victims suffer alone, but there are services available that offer help.

at-it."

Doe said her boyfriend was supportive and never forced her to do anything she did not want to do.

"I didn't want to tell him to report the incident because I was afraid the law," said the victim's boyfriend. "At the time, I just didn't want to make her feel like I was pushing her away.... She needed to know that there are people who care about her."

He decided not to report the incident, but she does encourage others to do so.

"It wasn't the right choice

for me, but I know that I would have had the support I needed if I did," she said.

To this day, Doe has only told a handful of people — her boyfriend, her best friend and her brother.

If you are a victim of sexual abuse and you don't know where to turn, there are services in Waterloo Region that can help.

The Women's Crisis Service of Waterloo Region offers a variety of programs to help women and their children move beyond violence and overcome their abusers.

One in Kitchener and one in Cambridge.

The Kitchener branch is called Jaslene House, which can be contacted at 519-884-5188. The Cambridge location is called Haven House, and can be reached at 519-853-5555.

Another support service in Waterloo Region is the Sexual Assault Support Centre of Waterloo Region. They provide individual support for individuals and their families. Their 24-hour crisis and support line can be reached at 519-885-8033.

Sorry I'm not sorry



Sara Marshall
Orchard

which warned of the dangers of having a gun, prompted criticism from Fox News that led to a long media backlash. Carsey wouldn't issue an apology, but instead released a statement saying, "Fox News will not be compensated or receive more than a point for their lack of respect of the legal and moral issues" which only fueled the fire more.

But why should an actress have to apologize for what they say? Do we as a society not believe that we can laugh at a simple shit show movie? I understand becoming a more tolerant society, but it's hard to draw a line somewhere.

It just a little bit of humor. Celebrities have so much right to say what they

want as anyone else, regardless of the fact that they have a much bigger audience. An off-camera comment from a celeb should be taken with a grain of salt. Instead, we have experts (who you would think have better things to be writing about) sharing their ridiculous and insensitive opinions for the mostinine reasons.

And it isn't just celebrities who are under fire. Any writer, actress, or public figure who says something that doesn't align everyone has to take heat when he or she says it.

It's ridiculous to expect a person to change or perfectly politically correct, and quite frankly, it's boring. If Sara Marshall was held to apologize for every offensive statement she made, she would never have had a career as a comedienne.

People need to lighten up, learn to take a joke, and stop trying to explain things from others who are speaking their mind.

COURTESY CAN HELP THOSE IN NEED



PHOTO BY ANDREW COOPER
A mobile heating and cooling unit in downtown Guelph needs to be replaced early in the morning on April 3. The work means the street will be closed to pedestrian, but one local worker agreed with the owner to be a ride in a wheelchair pass safety.

Connect workshops foster leadership

BY KELLY McLELLAN

Students may view a leader as a bold, charismatic and powerful person at the head of a group, but in the words of Student Life programme director Barbara "Barbs" Johnson, "Leadership is action, not position."

This is the idea the Connect Leadership workshop series has brought to hundreds of students since the workshops started in 2000.

The Student Life department at Centennia developed the workshops to show students they can be a leader whether or not they fit the stereotypical notion of what a leader is, and that leaders always lead in everyday actions and choices.

"We really look at everyone as having leadership capacity and leadership skills," Johnson said.

Since the Connect workshops started Student Life has seen over 600 students participate per semester with an average attendance of 25 to 30 students per workshop. According to Johnson, last

semester they ran 14 weeks of basic campus and two of the Centennia ones. This semester they run 18 workshops at the basic campus.

If a student can't make it because of conflicting schedules, there will be other chances to make it to one in the year.

"At each of these three parameters a student has the opportunity to take them in four different ways through our own academic path," Johnson said.

In the spring there are seven workshops that fall outside of these main categories: Connect With Yourself; Connect With Others; and Connect With Community.

If a student completes any one or more of the workshops before they graduate it will show on their transcript, but if a student completes all seven, they will earn a certificate signed by Centennia's president, John Tidbits.

In addition to looking good on a transcript, Johnson said Student Life's goal was to

make the workshops open and relevant to all of the college's students, regardless of what year or program they are in.

Amy Dugdale, a personal arts and sciences student who graduated in December, has completed six of the seven workshops. Although she has one event left on her agenda, Dugdale is allowed to finish the series and receive the certificate in September.

"Really liked that they had leadership workshops. Not only is it documented somewhere that I have a real year-long and real focus in each of those," she said.

The Connect series was developed in 2000 through a college advocacy committee made up of Student Life staff, faculty, college staff and students, and is designed to be shaped by student input after each workshop to better serve the participants.

"We're looking at the series as a whole process and just their confidence and participation of the classroom, but really bringing all of those



BY KELLY McLELLAN
Amy Dugdale (left) and Justine Williams look at an assignment together during Barbara Johnson's first class of a semester-long basic leadership skills workshop on April 1 at the Centennia campus. This was the final workshop in the Connect series for the school.

people together and have them reflect on students' ability to look at themselves as leaders," Dugdale said.

ENJOYING SPRING WHILE IT WAS HERE



Gardens grow at new heights

BY KELLY McLELLAN

Spring is finally here, and the sun is finally staying out longer. Since days off work were enough to go out and play in the garden, the local spring and the sunlight all around can make anyone feel like getting a little dirty in the garden. Many students, however, do not have a lawn or a yard to plant and grow flowers or vegetables. Instead, they can work in an apartment with a small amount of a balcony or deck, or in a garden. However, all is not lost.

Balcony gardening is more popular than ever. According to [concordia.com](http://www.concordia.com), there are some simple steps to consider before beginning your balcony gardens:

The first step is to check any rules or regulations about balcony gardens. Because there are regulations about balcony weight, so you may need to use lightweight soil containers or an alternative to traditional clay pots.

The next step is to make a plan. To do this you need to figure out what you want to grow, and what will be good to grow down plants like sun, while others prefer shade. Figure out what the conditions are like on your balcony and then plan a garden layout with a green thumb.



BY KELLY McLELLAN
Balcony gardening in the sun is thriving in the vegetable scene. Fruits, vegetables, flowers and herbs all do well when given the right conditions of space, bright sunlight with a green thumb.



ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

HEALTH SERVICES

748-5220 Ext. 3679

CONCERTO
ENTERTAINMENT INC.

CASINO



F A C T O R

T R Y O U T S

APRIL 2ND - APRIL 12TH

1ST PRIZE \$300

2ND PRIZE \$200

3RD PRIZE \$100

DOON CAMPUS | SIGN UP IN ROOM 2A108

CONTESTANTS ARE WELCOME TO USE INSTRUMENTS

FINALS WILL TAKE PLACE IN THE SANCTUARY ON TUESDAY APRIL 16TH

Come be inspired

ARTS AND ENTERTAINMENT
BY KAREN GARDNER-BROWN

When it comes to India's youth, most have big plans, whether by foot and rocket launches, or all have built their futures there, as shown at the Kitchener Waterloo Art Gallery's *Expressions '11*, an art exhibition that displays artwork from schools across Waterloo Region.

The annual event runs every April, with the call for entry having gone out at October. This year's theme is education; Karen Gardner-Thompson, who is responsible to all schools, including private schools, on the accepting theme. Teachers take the submissions of their students and without influence, give them free reign to create their works of art.

This year's theme, Strange and Wonderful, was inspired by artwork from last year's show, *The People People*. Gardner-Thompson said:

above space as anchor, or the colors to it. From the previous year to inspire the upcoming year.

Over 800 students from JK to Grade 12 arrived in February and had to be sorted and organized, taking approximately two weeks to complete.

Gardner-Thompson came up with the theme after being inspired by the art exhibit and last year by Grade 2 students from St. Alyssus Catholic Elementary School. She believed the theme would foster a lot of fun and creative works. She reported a lot of innovation this year but seemed to much more. One class came up with many parades, while another class came up with pictures of various novel items that were seen in unconventional ways. For example, one piece was based on a hand pencil, but you had to turn to look at it.

The exhibit runs until April 25.

ENTERTAINMENT



Expression 11 at the Kitchener Waterloo Art Gallery features artwork from schools throughout the region. The artwork above is based entirely on a hand pencil, sketched by Alyssa Thompson.



The exhibit displays a variety of diverse pieces, from sculptures and paintings to drawings and even a

EASTER EGG HUNTS ARE GOING TO THE DOGS



PHOTO BY STEPHANIE LARIVIÈRE

Hundreds of humans and their four-legged friends attended the annual Second Sunday Dogs Easter Egg Hunt for Dogs at Rimbeynes. The event attracted several pages into recorded for treats inside plastic Easter eggs on the morning of Good Friday, March 29. The first event started 8:30 a.m.

Music is universal

BY KAREN GARDNER

Moko Music Matter (MMM) is holding a national music search called My Song For Change.

According to their website, their mission is to engage, educate and empower youth living in Africa communities who are affected by extreme poverty through music and socially conscious art involving future community leaders. MMM believes in using the transformational power music has to influence people to make positive changes.

Thus far MMM feel that music has the ability to lead, transform, educate and enrich people's lives. That is why they chose to work with Western Union Canada to launch My Song For Change.

The contest encourages musical self-expression from participants who must make an original musical performance online. The song should focus on global issues and personal goals from Adeline Shultz, public relations person for Moko Music Matter, said. "There is no charge to enter the competition. Non-Canadians ages 13 and up can submit a musical performance via our online per-

formance site."

In order to determine the winner there is an online voting system. The top 10 are chosen by three music experts and then an expert panel consisting of Deep Akunna, founder of MMM, David Bellotti a multiplatinum selling music producer, Jaylene Davis, the director of production marketing at Western Union Canada, and Luis Vélez, president of rock band Billy Talent will pick the winner himself.

There are a few important deadlines you need to keep in mind when mailing your video and voting. June 10 is the deadline for submitting your video. July 14 is the final day you can vote for your favorite video and the winner will be chosen on July 21.

The winner will have his or her song professionally recorded and produced with Chris McEachern of 97.1 and Sean Fox of Poly Studio and the song will be developed into a music video. Their prize is valued at about \$12,000.

To learn more about Moko Music go to www.mokomusicmatter.org and to learn more about the case page, My Song For Change visit www.mysongforchange.com.